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Date: 7 November 2003



03037622

Dear Sir

J Sainsbury plc Interim Results

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 6 November 2003.

Yours sincerely

Hazel Jarvis
Manager, Group Registration
& Shareholder Services

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J Sainsbury plc

The Interim Results for **J Sainsbury plc** for the 28 week period ended 11 October 2003, will be announced on Wednesday 19 November 2003.

The Interim dividend will be paid on 9 January 2004 to shareholders on the register at the close of business on 28 November 2003. The shares will go ex-dividend on 26 November 2003.

End